

**INTEGRASI PROGRAM *LIFE SKILLS* DALAM OLAHRAGA  
BOLA BASKET PADA MAHASISWA ILMU  
KEOLAHRAGAAN**

**TESIS**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Magister Pendidikan Olahraga



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pada Mahasiswa Ilmu Keolahragaan**

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# INTEGRASI PROGRAM *LIFE SKILLS* DALAM OLAHRAGA BOLA BASKET PADA MAHASISWA ILMU KEOLAHRAGAAN

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## ABSTRAK

*Life Skills* merupakan keterampilan yang memungkinkan seseorang untuk berhasil dalam lingkungan yang berbeda dilihat dari dimana mereka berada, seperti saat di sekolah, di rumah ataupun di lingkungan mereka (Danish, Forneris, Hodge, & Heke, 2014). Penelitian ini bertujuan untuk melihat perbedaan peningkatan *life skills* pada mahasiswa yang diintervensi pada olahraga bola basket dengan integrasi program *life skills* yang disusun secara terstruktur dan disengaja dengan olahraga bola basket tanpa integrasi program *life skills*. Populasi penelitian ini adalah mahasiswa Ilmu Keolahragaan Universitas Pendidikan Indonesia, sebanyak 93 orang (kelompok eksperimen  $n=47$  dan kelompok kontrol  $n=46$ ). Pengambilan sampel dilakukan dengan menggunakan *intact group*. Metode penelitian pada penelitian ini adalah quasi eksperimen dengan desain *pre-test post-test control group design*. Peningkatan *life skills* diukur dengan menggunakan instrumen dari Cronin dan Allen (2017) yaitu *Life Skills Scale for Sport* (LSSS) yang terdiri dari delapan komponen yaitu : *teamwork*, *goal setting*, *time management*, *emotional skills*, *communication*, *social skills*, *leadership*, dan *problem solving and decision making*. Hasil penelitian menunjukkan bahwa terdapat peningkatan *life skills* yang signifikan antara kelompok eksperimen dan kelompok kontrol dengan komponen yang peningkatannya paling tinggi adalah *social skills* sedangkan yang terendah adalah *goal setting*.

**Kata kunci** : *Life Skills*, Integrasi, Olahraga Bola Basket

# **INTEGRATING LIFE SKILLS PROGRAMS INTO BASKETBALL AT ILMU KEOLAHRAGAAN STUDENTS**

**Syarifatunnisa, Amung Ma'mun, Nur Indri Rahayu.**

## **ABSTRACT**

Life Skills are skills that enable a person to succeed in a different environment, such as at school, at home or in their environment (Denmark, Forneris, Hodge, & Heke, 2014). This study aims to look improving life skills in students who intervene in basketball with the integration of life skills that are intentionally structured and organized and basketball without integrating program life skills. The population of this study were 93 students of Ilmu Keolahrgaan, Universitas Pendidikan Indonesia (experimental group  $n = 47$  and control group  $n = 46$ ). Sampling is taking by intact group. The research method in this study was a quasi-experimental design with pre-test post-test control group design. Improving life skills by using instruments from Cronin and Allen (2017) namely Life Skills for Sports Scale (LSSS) which consists of component relationships namely: team work, goal setting, time management, emotional skills, communication, social skills, leadership, and problems solving and decision making. The results of the study showed facts about the increase in life skills that were significant between the experimental group and the control group. The component of life skills with the biggest increase is social skills while the lowest is goal setting.

**Keywords:** Life Skills, Integration, Basketball Sports.

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